

Your Weekly Check-In

A short weekly look at what moved, what did not, and what comes next.

WHEN TO USE THIS

Use this once a week, at a time you can keep. Sunday evening works for a lot of people.

What moved this week, even a little?

What did not, and what was going on?

One thing for next week.

One. Not a list.

How much did this week feel like it was heading somewhere?

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Standing still

Moving

Short and regular beats long and once. Same page, same time next week.